

TITLE: Health foods containing fermented milk, calcium salts,
and oligosaccharides

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AB The health foods contain fermented milk as a main ingredient, Ca salts and oligosaccharides as active ingredients, and .gtoreq.1 foods selected from nucleic acid foods, shark cartilage, Chlorella, collagen, Agaricus blazei, champignon ext., mulberry tea, Tochu (Eucommia ulmoides) tea, Tochu-ginseng tea, Tencha, multivitamins, Fe, soybean peptides, Angelica keiskei, Aloe, and Gymnema as supplementary ingredients. Food tablets were made from freeze-dried kefir 100, powd. milk Ca 0.5, powd. oligosaccharides 4, powd. DNA ext. 1.5, powd. shark fin ext. 0.2, and powd. Angelica keiskei 4.5 g.